

Name _____

Breathing for Life: Why Do We Need to Breathe?

Open-Ended Response Questions

1. Describe the journey of oxygen from the air we breathe to the cells in our body, including the key steps and organs involved.
2. Explain the connection between our breathing rate and physical activities like exercise, and how our body ensures our muscles get enough oxygen during these activities.
3. Discuss the importance of maintaining the balance of oxygen and carbon dioxide in our body for overall health.
4. Share a personal experience or example of how using deep, slow breaths helped you manage a stressful or anxious situation.

